

Claims

5 1. Composition comprising carbohydrate and peptide material and an amount of  
at least one additional free amino acid selected from the group consisting of leucine and  
phenylalanine.

10 2. The composition according to claim 1, wherein both the additional free amino  
acids leucine and phenylalanine are present.

15 3. The composition according to claim 1 or 2, wherein the additional free amino  
acids leucine and phenylalanine are each present in an amount in the range of 0.2-20  
wt.%, preferably 1-10 wt.% calculated on dry matter basis.

20 4. The composition according to any of claims 1-3, wherein a further additional  
free amino acid, selected from the group consisting of arginine and glutamine is  
present.

25 5. The composition according to claim 4, wherein each of the further additional  
free amino acids arginine and glutamine is present in an amount in the range of 0.1-20  
wt.%, calculated on dry weight basis.

30 6. The composition according to any of the claims 1-5, wherein the peptide  
material is derived from wheat proteins, rice proteins, pea proteins, casein proteins,  
whey proteins or mixtures thereof.

7. The composition according to any of the claims 1-6, wherein the peptide  
material is obtained by hydrolysis of protein material.

8. The composition according to claim 7, wherein the peptide material is derived  
from wheat protein.

9. The composition according to any of the claims 6-8, wherein the peptide  
material has an average peptide chain length in the range of 2-40 amino acids,  
preferably 3-20 amino acids.

10. The composition according to any of the claims 1-9, wherein the peptide  
material is present in an amount in the range of 0.1-50 wt.%, preferably 2-25 wt.%,  
calculated on dry matter basis.

11. The composition according to any of the claims 1-10, wherein the carbo-  
hydrate material is selected from the group consisting of mono-, di-, oligosaccharide  
and more complex edible carbohydrates such as maltodextrines.

12. The composition according to any of the claims 1-11, wherein the carbohydrate material is present in an amount of 10-90 wt.%, preferably 50-80 wt.%, calculated on dry matter basis.
13. The composition according to any of the claims 1-12, wherein vitamins, flavours, minerals, components having co-enzyme and antioxidant properties, lipids including emulsifiers, and proteins are present.
14. The composition according to any of the claims 1-12, wherein the composition has the form of an isotonic beverage or sports bar.
15. Use of the composition according to any of the claims 1-14 during or after physical exercise.
16. Use of the composition according to any of the claims 1-14 as an enteral clinical feeding.

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